

NATURAL EATING NATURAL EATING NATURAL EATING



[www.naturaleater.com](http://www.naturaleater.com)

[www.savvveater.com](http://www.savvveater.com)

[www.beatcancernaturally.com](http://www.beatcancernaturally.com)

**Monthly Private Subscription Newsletter - \$59.00 annually**  
**Electronic edition - \$18.00**

Straight from the Shoulder Advice. We accept no reward from companies mentioned in this newsletter.  
We are independent of commercial pressure and say exactly what we think.

**Ancient Heritage:** Sunshine as Food. **Prioritizing:** Know your Achilles Heel. **Q. of Month:** Pumpkin Seed Oil. **Ancient Knowledge:** San Herbs Pay Out. **Reader's Menu Ideas:** June Mohns' Starters. **Q&A:** Agave Syrup, Cocoa Fattening, Veggie Wash, Diet/Periodontal Disease, Vitamin A overdose. **From 5 years Ago:** Milk as Condiment. **Food Policy:** Report Card: F for Fatness, UK Public Against GM. **Eating Strategies:** Eyeball Portions. **Hints:** Oil and Water Roasting. **Buyer Beware:** Nestlé Mineral Waters. **Baby Welfare:** Cereal Wean for Diabetes, Gluten Wean for Diabetes, Soy Formula for Immune Crash. **Tailpiece:** Students Die by Degrees?

### Ancient Heritage

#### Sunshine is Human Food

We unceasingly repeat, to anyone who will listen, that humans are *still* tropical creatures. Our bodies were forged by sun, light and warmth.

Years ago we never used to worry about how much sun we got. Parent would even urge their children to play outside and "make some vitamin D". This was a key insight: sunlight is an essential piece of *nutrition* for humans.

The scares over sunburn-induced skin cancers have caused a hysterical overreaction. The modern denial of sunshine has led to a surge of diseases that are connected to sunlight *deficiency*. These include **cancers**, rickets and depression.

Continued page 5

### Prioritizing

#### Know Your Achilles Heel



*Superman: "It wasn't kryptonite that got me in the end -- it was fast food"*

This cartoon amusingly reminds us that our nemesis often comes out of left field. Think hard about which of your habits is *secretly* undermining your well being.

### Question of the Month

#### Pumpkin Seed Oil

**Q.** *Is the heavily promoted pumpkin seed oil any good?*

**A.** No. Pumpkin seed oil is 50% omega-6 oil and zero omega-3 oil. It is quite unbalanced and only adds to the omega-6 overload in the diet.

Do not waste your money.

### Ancient Knowledge

#### San Savvy Pays Out

The San bushmen have been chewing on the cactus *!khoba* for thousands of years -- it staves off hunger and thirst during long hunting trips in their African Kalahari desert home.

#### Herb Appetite Suppressant

Now they will benefit from the international marketing of an appetite-suppressant that they have been using for thousands of generations.

The drug named P57 is based on a substance scientists found in the desert plant *Hoodia gordinii*.

#### San Marketing Deal

Pfizer, who will market the drug, will pay 6 percent royalties to the San tribes. Given the international demand for obesity drugs, the market for P57 could run to billions of dollars.

Continued page 5

### Readers' Menu Ideas

#### June Mohns

*One of our readers, June Mohns, has written to us with some ideas for starters that she has developed based on the Natural Eating precepts. Here are three of them. We always welcome contributions from our readers. We will publish them for the benefit of all.*

**Bistrot Artichoke Appetizer**  
Cook a fresh artichoke and make dipping sauce; the artichoke sits in the center of a plate surrounded by sauce.

The dipping sauce is made of olive oil, chopped (de-seeded) tomato, and lots of garlic and white wine.

Even the kids love dipping the leaves and scraping the meat off them... then they fight over who gets most of the heart of the artichoke!

**Buffet Hors d'oeuvre**  
Put out cherry tomatoes, boiled egg (halved), albacore tuna chunks, olives, raw asparagus, artichoke hearts, raw vegetable sticks.

**Spinach salad**  
Fresh spinach with sliced purple onions, crumbled boiled egg (one egg for four people), French-style vinaigrette dressing.

#### Wild Plant Recipe Update

*We always test recipes several times. We needed to do the same for those proposed by Dr Noll. However, we reckoned without the seasons! We will return to this fascinating topic just as soon as the raw ingredients are available in the wild.*

### Questions

#### Agave Syrup Sweetener

**Q.** *I have heard that agave sweetener is a good sugar substitute -- is this true?*

**A.** Yes. For more than 9,000 years, the agave plant has served the people of Central America as a source of food and fiber. Its natural sap provides 'agave nectar', a natural sweetener with a remarkably low glycemic index of only 11.

#### Low Glycemic Fructose

In contrast to sugar-cane sap, which is 90% high glycemic sucrose (table sugar), agave sap is 90% low-glycemic fructose.

#### Useful Sweetener

Agave nectar is a useful addition to the range of safe, natural sweeteners. Of course, simple fructose powder can do much the same job.

Agave nectar can be used in cooking too. It provides softness and moistness to baked dishes.

#### Fructose Overdose

A word of warning; fructose (and thus agave nectar) in excessive quantities also has major drawbacks -- it is empty calories and it raises insulin, triglycerides and cholesterol -- so only use it in moderation.

#### Cocoa Fattening

**Q.** *Is cocoa fattening?*

**A.** Not if you use it like we say! Pure cocoa powder contains just 12 calories and 0.7 grams of fat per tablespoon. That would make a good cocoa drink - provided it is made with water and a low glycemic sweetener (like agave syrup, above).

#### Nestlé Carnation Dross

In contrast, Nestlé's Carnation "Rich Hot Chocolate Mix" is a veritable heart attack potion. It contains 200 calories per tablespoon and that is without counting the milk it is made with.

#### Cocoa is Fine

So the message stays the same - cocoa is fine -- just use it with good ingredients. Avoid the ready-made products, there is usually noxious dross added.

#### Veggie Wash

**Q.** *Is it really necessary to wash fruit and vegetables with a soapy veggie wash?*

**A.** Would you eat in a restaurant where there is no soap in the cook's toilets? That is a hard-hitting way of saying that people are much more likely to get violently sick from unhygienic handling of raw produce than they are from any other cause, including pesticides.

#### Ideal

Ideally we would be eating our plant food (unwashed and pesticide free) directly from the bush or tree.

#### Supply Chain

However, the reality of our food supply means that it is picked, stored, transported and sold in conditions where there might be mouse droppings, dog urine and soiled hands.

#### Veggie Wash

Veggie wash does remove the bacteria (and sticky pesticides) in ways that simple rinsing cannot.

#### Small Risk

Of course, you might decide that you are prepared to take the risk. Food poisoning is rare to strike, but when it does, it is unpleasant and can maim, and even kill the vulnerable.

#### Diet/Periodontal Disease

**Q.** *Is there any connection between periodontal disease (disease of the gum tissues that surround and support the teeth) -- and diet?*

**A.** Certainly. The fossil record shows that tooth decay and periodontal disease only

appeared with the advent of farming.

#### **Skeletal Evidence**

There is ample skeletal evidence from the Middle East showing a dramatic increase in dental disease as soon as grains entered the diet 11,000 years ago.

#### **Diseased Egyptian Mummies**

The ancient Egyptians left a great many mummies for us to study. Most of them show grain-induced dental disease.

#### **Healthy Primal Peoples**

On the other hand, primal peoples such as Pima Indians and the Eskimo have good periodontal health until they start to eat like westerners.

#### **Healthy Bushmen**

Similarly, the San Bushmen have been studied. Stuart Truswell and John Hansen are medical doctors who conducted nutritional and medical research<sup>1</sup> on the San in the 1960's. These peoples were among the last to still live largely (but not entirely) in the traditional way.

#### **Bushman Mouth Health**

They found that San teeth were free of cavities. There was minor periodontal disease caused by occasional contact with western food, but not serious enough for teeth to fall out.

#### **Illnesses Breed Gum Disease**

Periodontal disease is also increased by illnesses such as rheumatoid arthritis and diabetes. It is no coincidence that these diseases are also closely linked to high grain, high starch, and high sugar diets.

#### **The Lesson**

The bottom line is simple. Humans, no more than any other creature, are 'designed' to have diseased teeth and gums. A return to our ancestral Natural Eating diet will maximize your chances of avoiding periodontal disease.

#### **Vitamin A Overdose**

**Q.** *My doctor is prescribing vitamin A for a medical condition. Is it possible to overdose on it?*

**A.** It certainly is. An example is given by the Eskimo. The liver in most creatures is a concentrated store of vitamin A; and the one part of the animal that the Eskimo eats *sparingly* is... liver. Polar bear liver was avoided totally as being too toxic to eat.

#### **Dangerous Liver Concentration**

The reason? It is loaded with enough vitamin A to poison a full-grown adult. A single meal, consisting of a half-pound of polar bear liver, contains a massive 5 million international units (i.u.) of vitamin A. This is 10 times the amount needed to cause acute vitamin A poisoning.

#### **Vitamin A Overdose Symptoms**

Symptoms include irritability, headaches, vomiting, bone pain, weakness and blurred vision. Regular use of even 50,000 i.u. per day can cause hair loss, weakness, headaches, enlarged liver, enlarged spleen, anemia, stiffness and joint pain.

#### **Beta-carotene More Natural**

Our Pleistocene ancestors would have got their vitamin A mainly from plant foods in the form of *beta-carotene*. This is much less concentrated -- and the body can easily handle overdoses of it anyway.

We always recommend that we get our nutrients from our food. Carrots, spinach and greens are particularly rich plant sources of beta-carotene.

#### **All Plant Source Good**

However, in reality, simply a high plant food diet, as we specify in Natural Eating, will provide ample amounts of beta-carotene.

#### **From this Newsletter**

#### **5 Years Ago**

#### **Milk as Condiment**

**Q.** *Milk: I like to have a small amount in my coffee. Is this OK?*

**A.** Yes, let us keep a sense of proportion. Milk in bulk is a Public Health menace. But if you are in good health then milk in 'condiment' quantities is OK.

Most people who are lactose intolerant can, nevertheless, 'tolerate' a couple of teaspoons of milk a day in a hot drink.

#### **Food Policy**

#### **Report Card: F for Fatness**

Childhood diabetes has increased 800% in the last 10 years in Arkansas. Fully **25%** of the schoolchildren are clinically obese.

#### **Heart By-Pass**

"**These kids could need heart by-passes in their 20's,**" says Kerry Brownell, Director of Yale's Center for Eating Disorders, "This could be the first generation of American children to lead shorter lives than their parents."

#### **Panic**

This has panicked the state government into drastic measures. Now, every term, along with their report card, primary school children will be graded by BMI (body mass index) for fatness. It is intended to shock both parent and child into fighting obesity seriously.

#### **UK Public Against GM**

The public are uneasy about genetically modified foods -- and the more they find out, the less they like it. So says a recent UK government report.

#### **Our View?**

We need to be getting our food supply back to where it should be for humans. Stopping and reversing the GM bandwagon is an essential part of the process.

### Hints to Stay on Track

#### Eyeballing Portion Sizes

Develop a knack for eyeing proper portion sizes for fish, nuts, oil and other foods you find easy to overdo.

Measure out a single serving and place it in the dish that normally used to eat that food. Make a mental note of how it looks. Eventually the proper portions will seem normal.

### Hints & Tips

#### Oil and Water Roasting

We promote the 'oil and water method' for stir-frying vegetables (see cookbook). Now try a sister method for *roasting*. It is much less aggressive than normal roasting yet gives a delicious roast-like look and flavor.

Prepare the vegetables for roasting and put them in a roasting tin. Lightly coat them with olive oil and put them in the middle of the preheated oven.

#### The Trick

Now for the new part. Take a baking tray, half fill it with water (about ¼ inch), and place it in the bottom of the oven. Cook at the normal temperature for that dish (around 400°F, 200°C).

#### How it Works

What happens is this: the water in the tray starts to boil and make steam. The dish is partly steamed and partly roasted. It cooks in about half the normal roasting time and the vegetables come out a lovely golden color.

#### Healthier Cooking Temperature

Despite the high oven temperature setting, since water boils at only 212°F (100°F), the temperature of the oven is forced *lower*. Because of the lower temperature, the vegetables are cooked more gently. They are also cooked more quickly in the *steam*. For these two reasons, they retain more of their nutrients.

### Buyer Beware

#### Nestlé's Bottled Tap Water

Irate consumers are suing Nestlé for selling their Poland Spring brand of bottled water as 'spring water' when in fact it comes, not out of a pristine mountain spring, but from a well in a parking lot.

They are not alone; Coca Cola's Dasani Water and Pepsi's Aquafina are both bottled -- with incredible effrontery -- directly from a municipal water supply!

In fact, labels on bottled water mean virtually nothing in USA. Worse, the Grocery Manufacturers' Association is fiercely resisting any tightening up of the rules.

**Our View?** Probably nothing wrong with drinking tap water -- but get it out of the tap, not an expensively marketed bottle!

### Baby Welfare

#### Cereal Wean for Diabetes

Jill Norris of the University of Colorado fed cereals to weaning babies. She found<sup>2</sup> that those babies fed cereals BEFORE the fourth month were 4 times MORE LIKELY to develop diabetes in later life than those introduced to cereals during the fifth and sixth months.

Jill Norris also found that babies weaned on cereals AFTER the seventh month were also more likely to develop diabetes -- by FIVE TIMES compared to those introduced to cereals in the fifth and sixth months.

She recommends that babies should be introduced to cereals only during the fifth and sixth months.

**Our View?** Rubbish! Isn't this experiment enough to show that babies should not be eating cereals -- ever? The apparent fluke of nature that makes it less dangerous for a short period is just that -- a fluke. Flukes should not be used to generalize a policy.

### Gluten Wean for Diabetes

In a parallel study, the German diabetes researcher, AG Ziegler found<sup>3</sup> that gluten-containing foods fed to babies before the age of three months increased the risk of diabetes in later life by FOUR TIMES.

Ziegler says that gluten, a major allergen found in wheat, and many other cereals, provokes the immune system into destroying the pancreatic cells responsible for controlling insulin.

**Our View?** In other words, babies fed on common weaning cereals can get a life-long autoimmune disease. This is in addition to the hazards associated with eating high glycemic starchy foods like grains.

Cereals have a double whammy on the body's resistance to diabetes. No one should be eating them and least of all, babies.

### Soy Formula Crashes Immune System

Infants drinking soy-based formula take in 200 times as much immune-suppressing compound as infants consuming breast milk.

#### Thymus Shriveled

The soy isoflavone, genistein, shrivels the thymus gland of mice by 80%. The thymus is responsible for producing **immune system cells**. Such cells were REDUCED by 86%. In addition, **antibody production** was significantly REDUCED.

#### Caution

S. Yellayi, lead researcher<sup>4</sup>, said that, "the use of soy formula for infant nutrition needs to be approached with caution."

**Our View?** When such a remark as "caution" appears in a peer review journal, this is highly damning. Everyone should keep away from soy products -- and no one more than babies.



## From Page 1

### Ancient Heritage

#### Sunshine is Human Food

##### Cancer

Cancer researcher E M John found<sup>5</sup> that cancers are much more prevalent in the northern cities of the USA than in the southern rural states. In particular, the risk of breast cancer is increased by THREE times. Colleague William Grant estimates<sup>6</sup> the yearly toll at 100,000 cases and 40,000 deaths from lack-of-sunshine cancers. **This is FOUR times the mortality from skin cancer.**

##### Rickets

Vitamin D deficiency disease, rickets, thought to be vanquished long ago, is resurging in the cities. The problem is even seen with breastfed infants.

##### Sunshine not Supplements

The American Academy of Pediatrics bizarrely recommended in April that infants should be given vitamin D drops. Lead author of the report, Frank Greer, laments that he dare not recommend the obvious: give the infants more sunshine!

##### Mood

Lack of sunshine affects *mood*. For example, the depression known as SAD (seasonal affective disorder) is most common in countries with long winter nights like Alaska, Finland and Sweden. Sunlight even helps the body clock stay synchronized.

##### Sunshine dose

So, what is the right amount of sunshine? The question is more complicated because of skin color.

White people have skins that have evolved over just a few thousand years to soak up sunlight in their northern European environment -- but they burn in intense sunlight.

Black people have skins that work just fine in tropical climates

but block out too much sunlight in gloomier, temperate climates.

The vitamin D researcher, Michael Holick, has developed<sup>7</sup> tables that match skin color with location, season and time of day. These are some of Holick's sunshine "RDA's" (Recommended Daily Amounts).

| London         |        |        |
|----------------|--------|--------|
| <b>Skin</b>    | White  | Black  |
| <b>Time</b>    | Noon   | Noon   |
| <b>Season</b>  | Summer | Summer |
| <b>Minutes</b> | 10     | 45     |

| Sydney         |        |        |
|----------------|--------|--------|
| <b>Skin</b>    | White  | Black  |
| <b>Time</b>    | noon   | noon   |
| <b>Season</b>  | Summer | Summer |
| <b>Minutes</b> | 4      | 20     |

##### Sunshine Nutrition

We welcome this recognition that sunshine is an essential human *nutrient*.

The rule of thumb is simple: we should be getting as much fresh air and sunshine as we can. To avoid risk of skin cancers, we just need to avoid getting close to *burning*. Holick gives us workable guidelines to retrain our habits to a healthy, naturally adapted way.

### Ancient Knowledge

#### San Savvy Pays Out

##### Extinction

The San are southern Africa's oldest human inhabitants, but from the millions who once roamed the region, only about 100,000 remain. They have been driven to the brink of extinction first by the Bantu who arrived from West Africa over the past 1,800 years, and then by recent European settlers.

##### Culture Rescue

Now the San's traditional knowledge may be their salvation. The *Hoodia* drug deal (see page 1) could rescue what remains of San culture.

##### Cultural Preservation

This is a wonderful opportunity to rebuild the ancient San society. After all, it is the society that serves as an important model for our own ancestors' Pleistocene way of life.

This agreement marks a welcome change from the thoughtless plundering of indigenous minorities by powerful commercial interests.

### Tailpiece

#### Students Die by Degrees?

Arts students are 60% more likely to die prematurely than those who study science, according to researcher Dr Peter McCarron, at Queen's University Belfast.

From students who graduated between 1948 and 1968, engineering students had the highest survival rate followed in turn by scientists, medics, lawyers and last of all, arts students.

McCarron thinks that poor, (often bohemian) lifestyles and poor job satisfaction account for the high mortality in the arts graduates.

**Keywords:** superman, pumpkin, sunshine, San, !khoba, P57, Hoodia gordinii, Pfizer, Mohns, Bistrot, agave, cocoa, veggie wash, periodontal, vitamin A, milk, Brownell, Norris, oil and water, Nestlé, Poland, Dasani, Aquafina, diabetes, formula, soy, gluten, Yellayi, Grant, Holick, degree.

<sup>1</sup> Truswell & Hansen; Medical Research among the !Kung in: Kalahari Hunter Gatherers; Lee & DeVore; Harvard U.P.; 1998

<sup>2</sup> Norris, JM; Timing of cereal exposure in infancy and risk of islet autoimmunity; JAMA; 2003; Oct 1; 290 (13):1713-20

<sup>3</sup> Ziegler et al; Early infant feeding and risk of developing type-1 diabetes-associated auto-antibodies; JAMA; 2003; Oct 1; 290 (13):1721-8

<sup>4</sup> Yellayi; Proc Natl Acad Sci USA; 2002; May 28;99(11)

<sup>5</sup> Cancer Epid Biomarkers Prev; 1999 May;8;5;399-406

<sup>6</sup> Grant; Cancer; vol 94; p1867

<sup>7</sup> Holick, Michael; The UV Advantage (in press)

| RESOURCES   | Qty              | US\$          | Amount |
|---|------------------|---------------|--------|
| <b>The Book:</b> The 'Bible' to Natural Eating. ISBN: 0-9712852-4-1   |                  | <b>19.95</b>  |        |
| <b>The Book: German language edition.</b> hardback, full color. ISBN 3-89530-064-0  |                  | <b>25.00</b>  |        |
| <b>The Introductory Guide:</b> the easy-to-read essence of Natural Eating. ISBN 0-9712852-2-5.  |                  | <b>7.95</b>   |        |
| <b>Healthy Cooking with the Bond Girl</b> Over 80 tasty conforming recipes. ISBN 0-9712852-3-3  |                  | <b>17.95</b>  |        |
| <b>The Eating Planner:</b> Each day, just check off the boxes for each serving that you eat. Don't eat anything without a box. Don't eat more than the boxes let you. Set of <b>FOUR</b> weeks.   |                  | <b>14.95</b>  |        |
| <b>Cancer Special:</b> The latest revolutionary strategies for <b>avoidance</b> and <b>remission</b>  |                  | <b>14.95</b>  |        |
| <b>The Toolbox/Manual:</b> The indispensable guide for the serious practitioner. ISBN 0-9712852-1-7   |                  | <b>24.95</b>  |        |
| <b>Web Membership:</b> access to the member's area for <b>ONE YEAR</b> . Download the latest newsletters; have your questions answered (S&H not required)   |                  | <b>18.00</b>  |        |
| <b>The Newsletter:</b> 12 monthly issues: <b>Mail</b> (S&H included)  |                  | <b>59.00</b>  |        |
| <b>Web Download:</b> (See 'membership')   |                  | <b>18.00</b>  |        |
| <b>GOLD QUICK START BUNDLE (Printed Newsletter):</b> A VALUE OF <b>\$225.00!</b><br><b>Telephone Consultation (30-min)</b> with Geoff Bond, <b>Book, Guide, Healthy Cooking with the Bond Girl, Planner, Manual, One-Year Mail Newsletter, Video.</b> |                  | <b>149.95</b> |        |
| <b>BUDGET QUICK START BUNDLE (e-newsletter):</b> A VALUE OF <b>\$150.00!</b><br><b>Telephone Consultation (20-min)</b> with Geoff Bond, <b>Book, Guide, Healthy Cooking with the Bond Girl, Manual, One-Year Web Download, Video.</b>                 |                  | <b>99.95</b>  |        |
|   | <b>Sub-Total</b> |               |        |
| <b>ADD: Shipping (Media Mail) and Handling Rates from this Schedule:</b>  |                  |               |        |
| Sub-total value: \$00.00 to \$19.00   | S&H              | 2.95          |        |
| \$19.01 to \$39.00  | S&H              | 3.95          |        |
| \$39.01 to \$59.00  | S&H              | 4.95          |        |
| \$59.01 to \$89.00  | S&H              | 5.95          |        |
| (Ask about special rates for special delivery, bulk orders and priority rate.)  | <b>Total</b>     |               |        |
| <b>PRIVATE CONSULTATIONS with Geoff Bond</b> (call for multiple session packages)   |                  |               |        |
| <b>Face to face – 1 hour</b>  |                  | <b>150.00</b> |        |
| <b>Telephone – 45 minutes</b>   |                  | <b>90.00</b>  |        |
| <b>e-mail – 1 consultation + one follow up</b>  |                  | <b>50.00</b>  |        |

|                |                                 |
|----------------|---------------------------------|
| Name:          | Shipping Address (if different) |
| Address:       |                                 |
|                |                                 |
| City/State/Zip | City/State/Zip                  |
| Phone:         | e-mail:                         |

Charge My:  Visa/MasterCard/Amex/Diners      Expiry Date (mm/yy)   -

Card Number       -       -

Signed: .....Date .....

## ORDERS

Call toll-free **1-888-240-3493**; or email: [savvy eater@aol.com](mailto:savvy eater@aol.com); or send to:  
**Natural Eating, PMB 517, 69-115 Ramon Rd, Suite F1, Cathedral City, CA 92234**

---

"Natural Eating" and "Nutritional Anthropology" are registered trademarks of Geoff Bond  
 © 2003 Geoff Bond. Editor: Geoff Bond. Printed and published by Natural Eating LLC

US: Natural Eating LLC, PMB 171, 420 N. Nellis Blvd. #A3, Las Vegas, NV 89110, USA. Toll-Free: 1-888-240-3493; Fax: 760 328 8529  
 UK: Natural Eating Ltd, 7, Maxwelton Close, London NW7 3NA. Tel: 0208 959 7549; Fax: 0208 959 2110  
 Everywhere: e-mail: [info@naturaleater.com](mailto:info@naturaleater.com); Web: [www.naturaleater.com](http://www.naturaleater.com)

---